



Crisis Line is dedicated to providing assistance and crisis intervention. We will support, refer, assist in prevention, and provide educational services to individuals seeking community information or help for their own or their family's emotional, physical, and mental well being.



How Can You Help?

- Volunteer! Help those in need by joining our group of dedicated volunteers.
- Invite a Crisis Line speaker to provide an informative presentation to your church or community organization
- Contribute the following:
 - cash donations
 - new sweat clothes (all sizes)
 - toys for child victims

How to Contact Us:

24 hours a day, 7 days a week
All calls are free and confidential

Central Virginia Crisis Help-line:

434-947-HELP (4357)

Danville Crisis Help-line:

434-792-HELP (4357)

Out of Area: 1-800-273-TALK (8255)

TTY: 434-947-5823

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Crisis Line Business Office

P.O. Box 3074

Lynchburg, Virginia 24503

434-947-5921

Fax: 434-947-5501

Email: crisisline@crisislineofcentralvirginia.org

Website: www.crisislineofcentralvirginia.org



A United Way Member Agency

**You're
Never
Alone!**

CRISIS LINE
of

Central Virginia, Inc.



24 Hours a Day

* CRISIS LINE OF CENTRAL VIRGINIA

* SEXUAL ASSAULT RESPONSE PROGRAM

* CRISIS LINE OF DANVILLE/

PITTSYLVANIA COUNTY

* TEEN TALK

* CHATTERLINE

* TELECARE

Certified by the

American Association of Suicidology

CRISIS LINE

434-947-HELP (4357)

Out of Area 1-800-273-TALK

Are you feeling overwhelmed by something in your life? Confusion, depression, loss of hope, and suicidal thoughts can all arise when someone is in crisis. Regardless of the size of the problem, our Crisis Line Specialists are available to help you assess the problem, sort through the feelings, and explore possible options and resources.

CRISIS LINE OF DANVILLE/ PITTSYLVANIA COUNTY

434-792-4357

Dedicated and caring individuals who are professionally trained are available 24 hours a day to assist residents of Danville and Pittsylvania County who are in crisis or in need of information and referral. Regardless of the problem, Crisis Line Specialists are there to help assess the problem, sort through the feelings, and explore possible options and resources.

TELECARE

Central Virginia: 434-947-5921

Danville: 434-793-4940

Imagine living alone with few visitors and little support. It can make for a long, lonely day. Telecare exists to fill this need for the homebound residents of Central Virginia, Danville and Pittsylvania County. Volunteer workers provide daily phone contact to homebound residents to check on their well-being. Telecare exists to help those who live alone feel secure in their independence.

SEXUAL ASSAULT

RESPONSE PROGRAM

434-947-RAPE (7273)

Out of area: 1-888-947-7273

Whether you need to ask a question, receive support, or obtain information, the Sexual Assault Response Program is available to you 24 hours a day. Getting help or talking with someone can help make a difference in recovering from an assault. Our goal is to enable victims of sexual assault or abuse to make their own decisions and to regain a sense of control in their lives. We are available to provide:

- confidential listening and support
- assistance in securing safe shelter, protective orders, and crime victims compensation
- crisis intervention/support groups
- self-defense and personal safety classes
- public/professional prevention, awareness, and education programs

Talking with someone is the first step in getting the help you need!

TEEN TALK

434-947-RAP (7277)

Out of area: 1-888-299-7277

Adolescence can be a confusing and difficult time. There are so many decisions, rules, pressures, and choices, but not enough life experiences to develop good problem solving skills. Teen Talk offers support, information, and crisis intervention to adolescent callers who need to talk with someone confidentially about anything.

CHATTERLINE

434-947-KIDS (5437)

Out of area: 1-888-670-5437

Although geared for children at home alone, all elementary school children can call. Chatterline is for emergencies, children who are home alone without an adult, or for children who just want a safe place to check in. Chatterline provides reassurance, support services, and if necessary, emergency help to young children who need a friend. Except in emergencies, these calls are anonymous.

H.O.P.E.

(Helping Our People Eat)

434-947-4357

There are times when you just cannot make ends meet. HOPE is a direct assistance program in which individuals and families in need of food receive a voucher to Food Lion that allows them to purchase food products up to a set amount. HOPE exists for those that have exhausted all other area resources and are left with nowhere else to turn.